

"Never Underestimate the Power of Senior Health"

Hattie Holmes Senior Wellness Center

May 2016 Calendar

Volume 9 Issue 8

324 Kennedy St.,
Washington, DC 20011
(202) 291-6170
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Teresa Moore
Director

LaDonna Love
Administrative Support

Arthur Dunbar
Fitness Specialist

Kristina Vera
Nutritionist

Stephanie Peters
*Health Promotion
Specialist*

Gwen Green
Activities Coordinator

Transportation Available

Seabury Connector
Maynard Chandler
Steve McDougal



LUNCH

Monday-Friday

11:30 a.m. - 1:00 p.m.

REGISTRATION REQUIRED

Site Manager - Mariam Meadows

Hours of Operation

Monday 8:00 a.m. - 6:00 p.m.

Tuesday 7:30 a.m. - 6:00 p.m.

Wednesday 7:30 a.m. - 4:30 p.m.

Thursday 8:00 a.m. - 6:30 p.m.

Friday 8:00 a.m. - 4:30 p.m.



Part of the Senior Services Network, Supported by the DC Office On Aging

Managed by Vida Senior Services



May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p> <p>DC Senior Games May 2 - May 16</p> 	<p>3</p> <p>7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 11:00 Planned Leftovers 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:00 Nutrition Chat-Hypertension 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Food Demo/How to Use a Can of Beans 3:00 Open Gym</p>	<p>4</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Town Hall Meeting 11:00 Hand Dancing</p> <p>11:30 - 2:30 Massage</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 Card / Board Games / Billiards 1:00 Crocheting 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>5</p> <p>8:00 Open Gym New 10:00 Arthritis Exercise Class w/ Diane Lee 10:15 Entrepreneurship Program - Presentation 10:45 Color Me Relaxed 11:00 Evolve Your Eating, Today!</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:00 Quick Guide to Food Labels 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Nutrition Chat-Diabetes Counseling 3:00 Open Gym</p>	<p>6</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi-purpose Room) 11:00 Nutrition Bingo 11:00 Wii Fit</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Mother's Day Tea 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> 
<p>9</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training 11:00 Respiratory Wellness - Presentation</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p> 	<p>10</p> <p>7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Blood Pressure Screening Multi-purpose room 10:30 Intro to Computers 11:00 Nutrition Games & Prizes 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:00 Nutrition Quiz 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Nutrition Chat-Weight Management 3:00 Open Gym</p>	<p>11</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Club Memory</p> <p>10:00 - 12:00 DC Greens (Farmer's Market Vouchers)</p> <p>10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Red Wine: Fact, Fiction and the Hazy In-between 11:00 Hand Dancing</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 Card / Board Games / Billiards 1:00 Crocheting 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>12</p> <p>8:00 Open Gym New 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Healing Foods for a Healthy Life</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:00 Cost of Healthcare & Chronic Disease in the U.S. 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Nutrition Chat-Hypertension Counseling 3:00 Open Gym</p>	<p>13</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi-purpose Room) 11:00 Nutrition Bingo 11:00 Wii Fit</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>

May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
16 8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training 11:30 Lunch 1:00 Movie Time 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym	17 7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 9:30 New Member Orientation 10:00 Fire Prevention Awareness Day 10:00 Chair Aerobics 10:30 Intro to Computers 11:00 National Diabetes Facts 11:00 Pilates 11:30 Lunch 12:30 Intermediate Computing 1:00 Aerobics w/ Kojak 1:00 Nutrition Chat-Weight Management 1:30 Brain Games 1:30 Drama Club 2:00 Enhanced Fitness 3:00 Food Demo/Quinoa Fruit Salad 3:00 Open Gym	18 7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 10:30 Trip - Tanger Outlets 11:00 Making Your Home Senior Friendly 11:00 Hand Dancing 11:30 - 2:30 Massage 11:30 Lunch 12:40 Basic Computer 1:00 Crocheting 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym	19 8:00 Open Gym New 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip - Dutch Market 10:45 Color Me Relaxed 11:00 Plant Foods that Promote Health (Phytochemicals) 11:30 Lunch 1:00 Card / Board Games / Billiards 1:00 Nutrition Chat - Hypertension Counseling 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym	20 8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi - purpose Room) 10:30 - 2:00 Terrific Inc. Health Fair 19th St. Baptist Church 11:00 Nutrition Bingo 11:00 Wii Fit 11:30 Lunch 1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym
23 8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training 11:30 Lunch 1:00 Book Club Meeting - The Perfume Collector by Kathleen Tessaro 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym	24 7:30 Open Gym 8:00 Walk Club 9:00 Food Demo/Healthy Waffle Bar 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Blood Pressure Screening Multi purpose room 11:00 Digestive Disease 11:00 Pilates 11:30 Lunch 12:30 Intermediate Computing 1:00 Zen and the Art of Mindful Eating 1:00 AARP Driver Safety Course 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Nutrition Chat - Diabetes Counseling 3:00 Open Gym	25 7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Club Memory 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Hand Dancing 11:00 "Normal" Aging 11:30 Lunch 12:40 Basic Computer 1:00 AARP Driver Safety Course 1:00 Crocheting 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym	26 8:00 Open Gym New 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip - Dollar Store 10:45 Color Me Relaxed 11:00 3-Week Plan for Better Meals 11:30 Lunch 1:00 Card / Board Games / Billiards 1:00 Nutrition Chat - Hypertension Counseling 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Intro to Spanish 3:00 Advanced Spanish 2:00 Aerobics w/ Kojak 3:00 Food Demo/Watermelon Popsicles 3:00 Open Gym	27 8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi - purpose Room) 11:00 Nutrition Bingo 11:00 Wii Fit 11:30 Lunch 1:00 Food Demo w/ DeAnna 1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym

May / June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Center</i></p> <p><i>Closed</i></p> <p><i>Memorial</i></p> <p><i>Day</i></p> 	<p>31</p> <p>7:30 Open Gym</p> <p>8:00 <i>Walk Club</i></p> <p>9:00 <i>Tai Chi</i></p> <p>10:00 <i>Chair Aerobics</i></p> <p>10:30 Intro to Computers</p> <p>11:00 <i>Recipe Substitutions for Lower Calories</i></p> <p>11:00 <i>Pilates</i></p> <p>11:30 <i>Lunch</i></p> <p>12:30 Intermediate Computing</p> <p>1:00 Aerobics w/ Kojak</p> <p>1:00 <i>How Do Minerals Work?</i></p> <p>1:30 <i>Brain Games</i></p> <p>1:30 <i>Drama Club</i></p> <p>2:00 <i>Enhanced Fitness</i></p> <p>3:00 <i>Nutrition Chat-Diabetes Counseling</i></p> <p>3:00 Open Gym</p>	<p>1</p> <p>7:30 Open Gym</p> <p>8:00 <i>Fitness Orientation</i></p> <p>9:00 Current Events Discussion Group</p> <p>9:00 Stretch & Tone</p> <p>9:30 <i>Quilting</i></p> <p>10:00 <i>Chair Aerobics</i></p> <p>10:30 <i>Chair Aerobics</i></p> <p>11:00 <i>Understanding Aphasia</i></p> <p>11:00 <i>Hand Dancing</i></p> <p>11:30 - 2:30 <i>Massage</i></p> <p>11:30 <i>Lunch</i></p> <p>12:40 <i>Basic Computer</i></p> <p>1:00 Crocheting</p> <p>1:00 <i>Card / Board Games / Billiards</i></p> <p>1:00 <i>Enhanced Fitness</i></p> <p>2:00 <i>Circuit Training</i></p> <p>3:00 Open Gym</p>	<p>2</p> <p>8:00 Open Gym</p> <p>10:00 <i>Arthritis Exercise Class w/ Diane Lee</i></p> <p>10:45 <i>Color Me Relaxed</i></p> <p>11:00 <i>Nutrition class TBD</i></p> <p>11:30 <i>Lunch</i></p> <p>1:00 <i>Card / Board Games / Billiards</i></p> <p>1:00 <i>Nutrition class TBD</i></p> <p>1:00 <i>Knitting</i></p> <p>1:15 <i>Stretch & Tone w/ Pat</i></p> <p>2:00 <i>Intro to Spanish</i></p> <p>3:00 <i>Advanced Spanish</i></p> <p>2:00 Aerobics w/ Kojak</p> <p>3:00 <i>Nutrition Chat-Weight Management Counseling</i></p> <p>3:00 Open Gym</p>	<p>3</p> <p>8:00 Open Gym</p> <p>9:00 Abs & Back</p> <p>10:00 <i>Chair Aerobics (Multi -purpose Room)</i></p> <p>11:00 <i>Nutrition Bingo</i></p> <p>11:00 Wii Fit</p> <p>11:30 <i>Lunch</i></p> <p>1:00 <i>Card / Board Games / Billiards</i></p> <p>1:00 <i>Line Dancing</i></p> <p>2:00 <i>Fitness Assessments (By Appointment Only)</i></p> <p>3:00 Open Gym</p>
<p><i>Mother's</i></p> <p><i>Day</i></p> <p><i>Tea</i></p> <p><i>Friday</i></p> <p><i>May 6, 2016</i></p> <p><i>2:00 p.m.</i></p> 	<p>Blood Pressure</p> <p>Screening</p> <p>Tuesday</p> <p>May 10, 2016</p> <p>&</p> <p>May 24, 2016</p> <p>@</p> <p>10:30 a.m.</p> 	<p>Club Memory</p> <p>w/ Sibley Hospital</p> <p>Representatives</p> <p>Wednesday</p> <p>May 11, 2016</p> <p>&</p> <p>May 25, 2016</p> <p>@</p> <p>9:30 a.m.</p> 	<p>Dutch Market</p> <p>Thursday</p> <p>May 19, 2016</p> <p>@</p> <p>10:30 a.m.</p> 	<p>Book Club Meeting</p> <p>Monday</p> <p>May 23, 2016</p> <p>@</p> <p>1:00 p.m.</p> <p><i>The Perfume Collector</i></p> <p>Kathleen Tessaro</p> 

Recipe to Try...

Chicken and Strawberry Salad



Pair this simple, no-cook meal with toasted buttery baguette slices.

Ingredients

Dressing:

- 1 tablespoon sugar
- 2 tablespoons red wine vinegar
- 1 tablespoon water
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons extra-virgin olive oil

Salad:

- 4 cups torn romaine lettuce
- 4 cups arugula
- 2 cups quartered strawberries
- 1/3 cup vertically sliced red onion
- 12 ounces skinless, boneless rotisserie chicken breast, sliced
- 2 tablespoons unsalted cashews, halved
- 1/2 cup (2 ounces) crumbled blue cheese

Preparation

1. To prepare dressing, combine first 5 ingredients in a small bowl. Gradually drizzle in oil, stirring constantly with a whisk.
2. To prepare salad, combine romaine and next 4 ingredients (through chicken) in a bowl; toss gently. Place about 2 cups chicken mixture on each of 4 plates. Top each serving with 1 1/2 teaspoons cashews and 2 tablespoons cheese. Drizzle about 4 teaspoons dressing over each serving.

Nutrition Information

Amount per serving

Calories 333 Fat 16.4 g Sat fat 4.9 g Mono fat 8.3 g Poly fat 2.1 g Protein 32 g Carbohydrate 14.8 g Fiber 3.5 g

Cholesterol 83 mg Iron 2.5 mg Sodium 347 mg Calcium 156 mg.

Food for Thought....The attitude you choose

Your attitude is too powerful to be left to chance. Make it a choice, not a reaction.

You're perfectly able to be positive when there is not apparent reason to be positive. And in fact, that's when your positive attitude will empower you to achieve the most.

You can be hopeful, energetic, enthusiastic, even when outside factors do not warrant such. With the power of that positive perspective you can change those outside factors for the better.

You can utilize any and every circumstance as raw material for moving forward. It all comes from the attitude you choose.

Whatever challenge you face at the moment can be an excuse to give up, or an opportunity to excel. What you make of it depends entirely on what you choose.

Your choice of attitude colors all your other choices and thereby impacts every part of your life. Make it consistently positive, back it up with focused effort, and choose to live the great life you deserve.



Happy Birthday to all who were born in the month May!

5 Tips to Kick Bad Eating Habits to the Curb

Are you guilty of skipping breakfast, ordering takeout, getting jittery from coffee overload and counting potato chips as part of a viable diet plan? It's time to kick those habits to the curb and start eating right. Here's a guide to help you get started.

Eat Breakfast

There's no better way to start your morning — and the year — than with a healthy breakfast. "It provides your body with the fuel it needs to make energy to keep you focused and active throughout the day," says Jessica Crandall, RDN, CDE, AFAA, Academy of Nutrition and Dietetics Spokesperson. Not only that, but if you are trying to lose weight, fueling your body regularly "will help you from possibly making unhealthy decisions later in the day based on hunger," adds Crandall.

The key to a good breakfast is balance. Include lean protein, whole grains and fresh, frozen or canned fruits and vegetables. For example, oatmeal cooked with low-fat milk and sliced almonds and berries or crust-less quiche with mixed veggies, low-fat cheese and a slice of whole-wheat toast.

Cut Back on Caffeine

Too much caffeine can interfere with sleep, can make you jittery and can cause you to lose energy later in the day, says Jim White, RDN, ACSM-HFS, Academy Spokesperson. Keep your caffeine intake in check by limiting regular coffee to 3 cups or less a day, and watch what you put into it. Skip unwanted calories and sugar by drinking it as plain as possible.

Need to wean off? White says to try three things: switch to half decaf or tea, drink plenty of water and eat small, frequent meals to keep up energy.

Bring Lunch to Work

How do you make bringing lunch to work easy? "Have your arsenal of food for the week. Have the right foods to put together," says White. "By stocking up the fridge, you're setting yourself up for success."

White suggests preparing the week's lunches over the weekend — bake chicken, chop veggies, steam rice. Make sure your options include a combination of lean protein and carbohydrates. For example, whole-grain bread with turkey, 1 cup of veggies and a piece of fruit. Or, try a salad with veggies and chicken, a piece of fruit and a 100-calorie cup of low-sodium soup. It doesn't have to be a full meal. "If you're crunched, get a snack," says White. Go for fat-free or low-fat yogurt and fruit, whole-wheat crackers and low-fat cheese or hummus and baby carrots.

Eat More Fruits and Vegetables

Fruits and veggies add color, flavor and texture, plus vitamins, minerals and fibers to your plate. Crandall recommends picking one fruit or veggie you've never tried each time you go to the grocery store. "It's a great way to discover new options," she says.

Don't let winter stop you from enjoying produce either. It might be harder to find fresh options, but frozen and canned are great alternatives.

Cook Dinner at Home

Making meals at home doesn't have to zap the last bit of your time and energy. The trick is to plan ahead. "If the week is cramped for you, then prepping on the weekend is a great time saver," says Crandall.

Choose options you can make in advance. For example, cook a batch of soup you can portion out for lunches or dinner during the week, or bake a whole chicken to slice for sandwiches, wraps and casseroles, suggests Crandall.

Use shortcuts such as pre-cut or frozen veggies and keep staples on hand such as low-sodium broth, herbs and lemons for flavoring. A quick and easy idea is to turn leftover beef into stew with beans, no-salt-added diced tomatoes and pre-cut veggies.